The Study Cycle

1. **Set a Goal** (1-2 min) - Decide what you want to accomplish in your study session
2. **Study with Focus** (30-50 min) - **Interact with material** - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3. **Reward Yourself** (10-15 min) - **Take a break** - walk around, get a snack, relax
4. **Review** (5 min) - Go over, summarize, and wrap-up what you studied

*Intense Study Sessions*

**Preview** before class – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in class.

**Attend** class – GO TO CLASS! Ask questions and take meaningful notes.

**Review after class** – Within 24 hours, read notes, fill in gaps and note any questions.

**Study** – Repetition is the key. Ask questions such as ‘why’, ‘how’, and ‘what if’.
- Intense Study Sessions* - 3-5 short study sessions per day
- Weekend Review – Read notes and material from the week to make connections

**Assess your Learning** – Periodically perform reality checks
- Am I using study methods that are effective?
- Do I understand the material enough to teach it to others?

Developed by Saundra McGuire

Center for Teaching and Learning
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How I Learn

Learning Levels: Bloom’s Taxonomy

Creating

Combining information to form a unique thesis, concept, or product - requiring creativity and originality. Putting elements together to form a coherent or functional whole; reorganizing elements into a new pattern or structure through generating, planning, or producing.

Key ideas: Design, Hypothesize, Invent, Develop, Compose, Estimate, Theorize, Elaborate, Test, Improve, Originate

Evaluating

Making decisions and supporting views - understanding of values, judging the validity of ideas or quality of work based on a set of criteria, having a profound understanding of the discipline. Making judgments based on criteria and standards through checking and critiquing.

Key ideas: Judge, Critique, Justify, Recommend, Criticize, Assess, Disprove, Rate, Resolve

Analyzing

Identifying components - determining arrangement, logic, and semantics to identify organizational structure. Breaking material into constituent parts, determining how the parts relate to one another and to an overall structure or purpose through differentiating, organizing, and attributing.

Key ideas: Analyze, Categorize, Separate, Dissect, Simplify, Deduct, Infer

Applying

Using information to solve problems - transferring abstract or theoretical ideas to practical situations, identifying connections and relationships and how they apply. Carrying out or using a procedure through executing or implementing.

Key ideas: What if, Use, Compute, Solve, Demonstrate, Apply, Construct, Build, Experiment

Understanding

Restating in your own words - paraphrasing, summarizing, translating. Constructing meaning from oral, written, and graphic messages through interpreting, exemplifying, classifying, summarizing, inferring, and explaining.

Key ideas: Why, How, Explain, Paraphrase, Describe, Illustrate, Compare, Contrast, Interpret, Outline, Map, Rephrase

Remembering

Memorizing information verbatim - retrieving, recognizing, and recalling relevant knowledge from long-term memory.

Key ideas: What, Remember, List, Label, State, Define, Choose, Find, Select, Match


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